



U.S. National Library of Medicine
National Network of Libraries of Medicine

Your Lifestyle Your Wellness Your Choice

Make the Best Decisions for You



Health and Wellness Resources for You

General Health

MedlinePlus® is the place to start for quality health information in both English and Spanish. The site offers hundreds of health topics, drug information, interactive health check tools, surgery videos, and much more. MedlinePlus also provides easy-to-read and information in many other languages at the links below.

medlineplus.gov

medlineplus.gov/all_easytoread.html

medlineplus.gov/languages/languages.html

HealthReach offers even more quality health information in many languages, including some audio and video resources.

healthreach.nlm.nih.gov

Your Healthiest Self: Wellness Toolkits gives you ways to improve your well-being in different areas of your life.

nih.gov/health-information/your-healthiest-self-wellness-toolkits

Go4Life® is designed to help older adults remain fit and active.

nia.nih.gov/health/exercise-physical-activity

HealthFinder.gov gives you a list of health care providers and organizations offering health services and support. Also provides health information by topic.

healthfinder.gov

HIV/AIDS Information

AIDSinfo® offers access to all things HIV/AIDS related including approved treatment guidelines, HIV treatment and prevention, clinical trials, and more.

aidsinfo.nih.gov

Lifestyle

Healthy Eating offers more than 100 delicious heart healthy recipes including recipes from regional and multicultural cuisines.

healthyeating.nhlbi.nih.gov/

Nutrition.gov provides information to help you make healthful eating choices.

nutrition.gov

CDC Healthy Living is a resource from the CDC organized by topics for staying healthy, life stages, and specific populations.

cdc.gov/healthyliving

BAM! Body and Mind is a resource from the CDC that will tell you everything you need to know about nutrition, physical activity, stress, safety, or disease. Designed for kids ages 9–12.

cdc.gov/bam

Finding Good Health Information

Be an Informed Consumer contains fact sheets and resources that can help you discuss health information with your health care provider.

nccih.nih.gov/health/decisions

Evaluating Internet Health Information Tutorial shows you how to evaluate health information found on the Web.

medlineplus.gov/webeval/webeval.html



U.S. National Library of Medicine
National Network of Libraries of Medicine

nnlm.gov/all-of-us

All of Us
RESEARCH PROGRAM

The
Future of
Health Begins
With You

August 2018